Physical Education Framework

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| Framework number and letter | Big Idea | Essential Question | Concept | Competency |  |
| 1.A | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Consumers need to resolve inconsistent health messages found in the media to make informed responsible decisions | Evaluate, access and contribute to health information programs and services that improve family, community and/or environmental health. | [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23629?cf=y ), [10.2.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23630?cf=y ) |
| 1.B | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A responsible health consumer is able to utilize appropriate self-care practices and products in concert with professional health care services. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.C | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A wide variety of factors such as fitness level, health status and environment, etc., can enhance or be harmful to efficient functioning of our body systems. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.D | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A variety of medical advances and governmental policies has made an impact in the prevention and control of health problems. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.E | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Each individual is responsible for accessing valid health information to make, implement and evaluate their consumer choices. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.F | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.G | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Relationships, career choices and both chronic and communicable diseases are examples of factors that play a powerful role in shaping our entire adult lifespan. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.H | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A variety of medical advances and governmental policies has made an impact in the prevention and control of health problems. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 1.I | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 1.J | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | There is a direct cause and effect relationship between well-being and the environment. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.K | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A responsible health consumer is able to utilize appropriate self-care practices and products in concert with professional health care services. | Evaluate, access and contribute to health information programs and services that improve family, community and/or environmental health. | [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23629?cf=y ), [10.2.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23630?cf=y ) |
| 1.L | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | A wide variety of factors such as fitness level, health status and environment, etc., can enhance or be harmful to efficient functioning of our body systems. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.M | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | There is a direct cause and effect relationship between well-being and the environment. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 1.N | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Each individual is responsible for accessing valid health information to make, implement and evaluate their consumer choices. | Evaluate, access and contribute to health information programs and services that improve family, community and/or environmental health. | [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23629?cf=y ), [10.2.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23630?cf=y ) |
| 1.O | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Responsibilities, cost, and nutritional knowledge are examples of factors that impact the food choices we make as adults. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.P | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Goal setting sets the foundation for a lifetime of responsible health decision making. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.Q | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Relationships, career choices and both chronic and communicable diseases are examples of factors that play a powerful role in shaping our entire adult lifespan. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.R | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.S | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Goal setting sets the foundation for a lifetime of responsible health decision making. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.T | Health concepts are essential for wellness and a health-enhancing lifestyle. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future?  What health information resources are available to improve the health and well-being of your family, community and world? | Each individual is responsible for accessing valid health information to make, implement and evaluate their consumer choices. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.U | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 1.V | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | A variety of medical advances and governmental policies has made an impact in the prevention and control of health problems. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 1.W | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | Relationships, career choices and both chronic and communicable diseases are examples of factors that play a powerful role in shaping our entire adult lifespan. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.X | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | There is a direct cause and effect relationship between well-being and the environment. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 1.Y | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.2.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23628?cf=y ) |
| 1.Z | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | A variety of medical advances and governmental policies has made an impact in the prevention and control of health problems. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 2.A | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 2.B | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | Relationships, career choices and both chronic and communicable diseases are examples of factors that play a powerful role in shaping our entire adult lifespan. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 2.C | Community well-being is dependent upon a balance of personal and social responsibility. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | There is a direct cause and effect relationship between well-being and the environment. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 2.D | Safety impacts individual and community well-being. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Design a personal plan for healthy living throughout the entire adult lifespan. | [10.1.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23603?cf=y ), [10.2.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23631?cf=y ) |
| 2.E | Safety impacts individual and community well-being. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | The decision to use/not use drugs is impacted by the effects on the individual, family and community. | Critique how an individual’s personal health impacts the community and how the community impacts an individual’s health. | [10.1.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23604?cf=y ), [10.1.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23606?cf=y ), [10.1.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23607?cf=y ), [10.2.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23632?cf=y ) |
| 2.F | Safety impacts individual and community well-being. | How would you generate a plan to be healthy throughout the entire adult lifespan?  How could you verify that a link exists between personal and community health?  What criteria will you use to determine if your health behaviors are responsible now and in the future? | Game strategies are used to recognize tactical problems and toselect theappropriate responses in a variety of physical activities. | Analyze movement performance and the application of game strategies for life-long participation in physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.G | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime. | Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime. | [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.4.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23681?cf=y ) |
| 2.H | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life. | Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.I | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life. | Create a personal fitness program based on personal data, exercise and training principles and fitness components. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.5.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23709?cf=y ) |
| 2.J | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Determining an appropriate physical activity plan will support life-long personal health and fitness goals. | Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.K | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Game strategies are used to recognize tactical problems and toselect theappropriate responses in a variety of physical activities. | Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.L | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society. | Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime. | [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.4.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23681?cf=y ) |
| 2.M | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life. | Analyze movement performance and the application of game strategies for life-long participation in physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.N | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Determining an appropriate physical activity plan will support life-long personal health and fitness goals. | Create a personal fitness program based on personal data, exercise and training principles and fitness components. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.5.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23709?cf=y ) |
| 2.O | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life. | Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23707?cf=y ), [10.5.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23708?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ) |
| 2.P | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Determining an appropriate physical activity plan will support life-long personal health and fitness goals. | Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ) |
| 2.Q | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Game strategies are used to recognize tactical problems and toselect theappropriate responses in a variety of physical activities. | Analyze movement performance and the application of game strategies for life-long participation in physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.R | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime. | Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime. | [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.4.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23681?cf=y ) |
| 2. S | Participation in physical activity impacts wellness throughout a lifetime. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of physical activities? | Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life. | Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ), [10.5.12.F](http://www.pdesas.org/Standard/StandardsBrowser#23711?cf=y ) |
| 2.T | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Appropriate selection of motor skill development concepts improves the quality of movement. | Create a personal fitness program based on personal data, exercise and training principles and fitness components. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.5.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23709?cf=y ) |
| 2.U | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Physical activity preferences of adults are determined by many factors. | Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ) |
| 2.V | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | A personal fitness program incorporates exercise and training principles. | Create a personal fitness program based on personal data, exercise and training principles and fitness components. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.5.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23709?cf=y ) |
| 2.W | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | There is an interrelationship among practice, motor skill development and physical activity. | Create a personal fitness program based on personal data, exercise and training principles and fitness components. | [10.4.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23677?cf=y ), [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.5.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23709?cf=y ) |
| 2.X | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Proper application of scientific and biomechanical principles enhances quality of movement. | Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23707?cf=y ), [10.5.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23708?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ) |
| 2.Y | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Appropriate selection of motor skill development concepts improves the quality of movement. | Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement. | [10.5.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23706?cf=y ), [10.5.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23707?cf=y ), [10.5.12.C](http://www.pdesas.org/Standard/StandardsBrowser#23708?cf=y ), [10.5.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23710?cf=y ) |
| 2.Z | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Physical activity intensity levels elicit physiological responses which are impacted by changes in adult health status. | Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime. | [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.4.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23681?cf=y ) |
| 3.A | Quality lifelong movement is based on scientific concepts/principles. | Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is necessary to create a personal fitness program?  How do scientific principles, biomechanical principles and practice strategies influence movement forms?  What knowledge is needed to select an appropriate response in a variety of | Practice strategies affect motor skill development and enhance skill performance. | Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime. | [10.4.12.B](http://www.pdesas.org/Standard/StandardsBrowser#23678?cf=y ), [10.4.12.D](http://www.pdesas.org/Standard/StandardsBrowser#23680?cf=y ), [10.4.12.E](http://www.pdesas.org/Standard/StandardsBrowser#23681?cf=y ) |
| 3.B | Health concepts are essential for wellness and a health-enhancing lifestyle. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | The use of unsafe practices in the home, school and community can have personal and legal consequences. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.C | Community well-being is dependent upon a balance of personal and social responsibility. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Violence impacts personal and community well-being. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.D | Community well-being is dependent upon a balance of personal and social responsibility. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.E | Community well-being is dependent upon a balance of personal and social responsibility. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | The use of unsafe practices in the home, school and community can have personal and legal consequences. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.F | Community well-being is dependent upon a balance of personal and social responsibility. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Understanding injury management strategies can help individuals respond to emergency situations. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.G | Safety impacts individual and community well-being. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Understanding injury management strategies can help individuals respond to emergency situations. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
| 3.H | Safety impacts individual and community well-being. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Violence impacts personal and community well-being. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
|  | Safety impacts individual and community well-being. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |
|  | Safety impacts individual and community well-being. | What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me? | The use of unsafe practices in the home, school and community can have personal and legal consequences. | Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being. | [10.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#23650?cf=y ) |